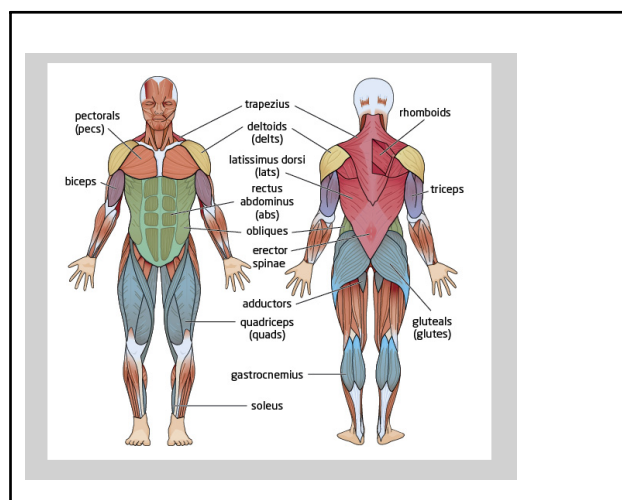


## Muscles to Memorize

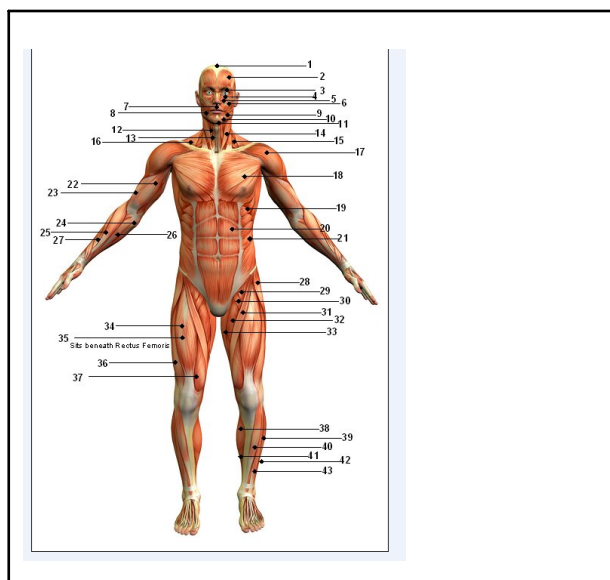
## Major Muscle Groups

- Pectorals- pectoralis major and pectoralis minor
- Deltoids - anterior, posterior and medial
- Biceps- Biceps Brachii
- Forearms- Brachioradialis
- Abdominals- Rectus Abdominis, Transverse Abdominis, External and internal Obliques
- Quadriceps- Rectus Femoris, Vastus lateralis, Vastus Medialis, Vastus Intermedius
- Gastrocnemius
- Trapezius
- Triceps- Triceps Brachii
- Latissimus Dorsi
- Gluteals and Hip Abductors- Gluteus Maximus, Medius and Minimus
- Hamstrings- Semimembranosus, Semitendinosus, Biceps Femoris
- Rhomboids
- Shoulder Cuff- Infraspinatus, Supraspinatus, Subscapularis & Teres Minor

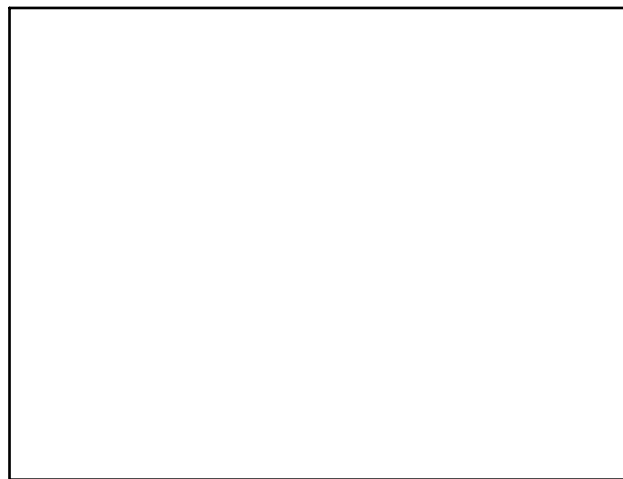
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